SUN·MAID

The Sun·Maid Way to 5 A Day

Recipes for Healthier Eating

fruits and vegetables

EAT 5 A DAY for better health

21 Delicious Raisin and Dried Fruit Recipes

The Sun-Maid Way to 5 A Day Recipes for Healthier Eating

Sun-Maid Raisins have always been part of a healthful diet. They're 100% natural, with no fat or cholesterol. Packed with sweet fruit flavor, and dried naturally under the sun, these delightful little morsels of whole fruit goodness are filled with a wide array of essential nutrients, health-promoting antioxidants and energy.

As you try to eat more healthfully, it's often the little changes you make that prove to be the most helpful. The natural goodness and versatility of raisins make them an ideal ingredient to add to everyday foods for a nutrition boost, or to simply enjoy as an energy-rich snack. One-quarter cup of raisins is equal to a full fruit serving.

5 A Day

Eating 5 or more servings of fruits and vegetables a day, exercising regularly and maintaining a healthy weight may help protect you against many chronic diseases. It's easier than you might think to reach your goal of 5 A Day. Make choices that fit your lifestyle – if you are not a morning person, have a light breakfast including juice. Then have a salad for lunch with a handful of raisins on top. No time to cook every day? Make our Glazed Chicken and Raisin Pilaf for dinner, then use the leftovers in Tomorrow's Salad.

Keys to a Healthful Diet

One of the keys to a healthful diet is making grains, fruits and vegetables the foundation of meals, according to the United States Department of Agriculture's Dietary Guidelines. The grain-based cuisines of the Mediterranean provide great inspiration. These are simple foods, made with the best ingredients. They're satisfying to eat and not complicated to prepare.

Recipes in this booklet have been developed with an eye toward taste, nutrition and convenience. They're packed with fruits, vegetables and grains. Many of the dishes can be eaten as a side dish or enjoyed as an entrée. You can easily add a little lean meat, fish or poultry, if desired.

Nutrition Highlights

Nutrition information is provided as a guide to help you eat more healthfully. We show the nutrient highlights in a bar just below each recipe. When a serving of the recipe contains at least 20% of the Daily Value for a nutrient or dietary fiber, the values are shown in red.

Vitamin C 30% • Vitamin A 30% • Iron 10%
Dietary Fiber 12%

For recipes that contain 10% to 19% of the Daily Value, the values are shown in black. Percent Daily Values (%DV) are used on the nutrition label of packaged goods and are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Eating is one of life's greatest pleasures. Enjoying good food with friends and family is all the better when it's good for you too.

Clockwise from top: Raisin Herb Spread, Raisin Crostini Appetizers, Marinated Sun-Maid Raisins, Spiced Tropical Fruit Salsa.

Raisin Herb Spread

Your guests will enjoy this Mediterranean-inspired appetizer. Make extra to fill decorative jars and give to your dinner guests, along with the recipe.

- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 3/4 cup **Sun-Maid Golden Raisins**
- 1/4 cup snipped, drained oil-pack dried tomatoes
- 2 tablespoons white wine vinegar
- 2 teaspoons snipped fresh rosemary or 1/2 teaspoon dried rosemary, crushed

Cook onion and garlic in oil until soft. **Add** 1/2 cup water and remaining ingredients. **Bring** just to boiling. **Reduce** heat. **Simmer,** uncovered, until liquid is reduced to about 1 tablespoon and raisins are soft, about 7 minutes. **Puree** 1/2 of mixture in a food processor. **Transfer** to a small bowl and combine with remaining spread. Serve with celery sticks, cucumber slices, carrot rounds or crackers. Makes 16 servings.

Nutrients per serving (1 tablespoon): Calories 40; Protein 0g; Fat 1g (Sat. Fat 0g); Carbohydrate 7g; Dietary Fiber less than 1g; Cholesterol 0mg; Sodium 5mg.

Raisin Crostini Appetizers

Crostini, or "little toasts" in Italian, are small slices of toasted bread. Sun-Maid Cinnamon Swirl Bread makes these crostini unique and delightfully delicious.

Crostini:

- 2 tablespoons olive oil
- 1/2 teaspoon minced garlic
- 6 slices **Sun-Maid Cinnamon Swirl Raisin Bread**

Tapenade:

- 2 medium leeks (about 1-1/4 pounds)
- 2 teaspoons olive oil
- 1/2 teaspoon minced garlic
- 1/2 cup pitted and chopped Kalamata olives
- 1 tablespoon chopped fresh basil
- Salt and pepper

Heat oven to 375°F. **Combine** 2 tablespoons olive oil and 1/2 teaspoon garlic in a microwave-safe dish. **Microwave** on HIGH for 20 seconds to infuse garlic flavor. **Place** raisin bread on a baking sheet. Lightly **brush** top side of bread slices with garlic olive oil. **Bake** 6 minutes; turn and bake additional 6 minutes or until toasted. **Remove** from baking sheet and cool on wire rack. **Cut** diagonally into quarters. Makes 24 crostini.

Tapenade:

Trim ends and remove tough outer layers from leeks. **Cut** lengthwise into quarters; rinse well. **Slice** crosswise into 1/8-inch thick pieces, using the white and light green part to measure 2 cups. **Heat** 2 teaspoons olive oil in a skillet over medium heat. **Sauté** leeks and garlic until softened, about 7 minutes. **Remove** from heat and stir in olives and basil. **Season** with salt and pepper to taste. **Serve** warm or at room temperature. **Spoon** 1 rounded teaspoonful onto each crostini and arrange on a platter, or serve tapenade with a basket of raisin crostini for guests to serve themselves. Makes about 1-1/4 cups tapenade.

Nutrients per serving (3 pieces): Calories 120; Protein 3g; Fat 13g (Sat. Fat 1g); Carbohydrate 17g; Dietary Fiber 1g; Cholesterol 0 mg; Sodium 170mg.

Spiced Tropical Fruit Salsa

Sweet and spicy, with just the right amount of heat, our favorite salsa is the perfect way to jazz up appetizers, entrees, quesadillas and broiled fish. Use your imagination – the sky's the limit.

It only takes 1/4 cup of dried fruit to give you one 5 A Day serving.

- 1 package (7 oz.) **Sun-Maid Tropical Medley**
- 1/2 cup apple juice
- 2 tablespoons cider vinegar
- 1/4 teaspoon ground coriander
- 1/8 teaspoon ground cumin
- Pinch cinnamon
- Pinch cayenne pepper
- 2 tablespoons apricot jam

Combine Tropical Medley, juice, vinegar, coriander, cumin, cinnamon and pepper in a small saucepan or microwave-safe dish. **Bring** to a boil. **Remove** from heat. **Stir** in jam. **Let** stand 5 minutes. Store in refrigerator. Makes approx. 1 cup.

Suggested Uses: Serve with grilled pork chops, shrimp or skewered chicken strips; use as a dip with tortilla chips; spoon over cream cheese, sliced Gouda or Edam and serve with crackers; stir into prepared rice pilaf just before serving.

Nutrients per serving (2-3 tablespoons): Calories 140; Protein 1g; Fat 0g (Sat. Fat 0g); Carbohydrate 36g; Dietary Fiber 1g; Cholesterol 0mg; Sodium 15mg.

Marinated Sun-Maid Raisins

A savory combination of herbs blended with sweet, chewy raisins and extra-virgin olive oil. Spoon over baked squash, sprinkle on salads or serve with grilled lean meats to spruce up an everyday dish.

- 3/4 cup **Sun-Maid Raisins**
- 4 tablespoons extra-virgin olive oil
- 3 tablespoons balsamic vinegar
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon salt

Combine all ingredients in microwave-safe bowl. **Microwave** on HIGH 30-45 seconds until warm. **Stir. Refrigerate** 30 minutes or until cool. Raisins can be prepared up to 24 hours ahead and refrigerated. Makes 1 cup.

Suggested Uses: Stir marinated raisins into caramelized sweet yellow onions and use as a pizza topping with mozzarella and goat cheese; or fill appetizer phyllo cups, top with goat cheese and bake until warm. For a tasty side dish, toss marinated raisins with roasted carrots during last 5 minutes of baking.

Nutrients per serving (2 tablespoons): Calories 110; Protein 0g; Fat 7g (Sat. Fat 1g); Carbohydrate 13g; Dietary Fiber less than 1g; Cholesterol 0mg; Sodium 150mg.

California Coleslaw

Coleslaw comes from the Dutch word koolsla, meaning "cool cabbage." Make this salad in minutes using your food processor, then use the extra time to head outdoors for a brisk walk.

Salad:

- 3 cups shredded cabbage
- 1/2 cup **Sun-Maid Raisins**
- 1/2 cup shredded carrots
- 1/4 cup sliced green onions

Dressing:

- 1/3 cup low fat plain yogurt
- 1 tablespoon reduced-calorie mayonnaise
- 1 teaspoon Dijon mustard
- 1/4 teaspoon dill weed
- Salt and pepper

Combine all salad ingredients. **Combine** all dressing ingredients and **blend** well. **Pour** dressing over salad. **Add** salt and pepper to taste. **Toss** and serve. Makes 4 servings.

Vitamin A 80% • Vitamin C 35% • Potassium 11%

Nutrients per serving (1 cup): Calories 110; Protein 3g; Fat 2g (Sat. Fat 0g); Carbohydrate 22g; Dietary Fiber 3g; Cholesterol 0mg; Sodium 95mg.

Spicy Asian Slaw

These exotic, yet commonly available ingredients, lend an Asian flair to this salad; and packaged coleslaw mix makes preparation easy.

- 3 tablespoons rice vinegar
- 2 tablespoons soy sauce
- 1 tablespoon dark sesame oil
- 1/4 teaspoon crushed red pepper flakes
- 4 cups (8 oz.) packaged coleslaw mix (shredded fresh cabbage and carrots)
- 1/2 cup **Sun-Maid Raisins**
- 1/3 cup thinly sliced green onions
- 1/4 cup chopped peanuts or cashews, optional

Combine vinegar, soy sauce, sesame oil and red pepper flakes. **Mix** well. **Add** coleslaw mix, raisins and green onions. **Toss** well. **Chill** at least 1 hour or up to 24 hours before serving. **Sprinkle** with peanuts, if desired. Makes 4 servings.

Vitamin A 160% • Vitamin C 35% • Dietary Fiber 14% • Potassium 11%

Nutrients per serving (1 cup) without nuts: Calories 130; Protein 5g; Fat 3.5g (Sat. Fat 0.5g); Carbohydrate 22g; Dietary Fiber 3g; Cholesterol 0mg; Sodium 490mg.

Tropical Pasta Salad

Fruit adds a new dimension to pasta salad, not to mention a rainbow of colors, a multitude of nutrients and a tantalizing array of flavors. Rice vinegar has a mild, tangy flavor. This salad is exceptionally low in fat.

- 2 cups cooked spiral pasta
- 1/2 cup **Sun-Maid Raisins**
- 1/2 cup cubed papaya
- 1/2 cup cubed nectarine
- 1/2 cup cubed mango
- 1/4 cup chopped basil
- 2 tablespoons seasoned rice vinegar

Combine all ingredients. **Toss** gently and serve. Makes 4 servings.

Variation: substitute 1 1/2 cups cubed cantaloupe or honeydew melon for papaya, nectarine and mango.

Vitamin C 30% • Vitamin A 25% • Dietary Fiber 12% • Iron 10%

Nutrients per serving (1 cup): Calories 200; Protein 4g; Fat 0.5g (Sat. Fat 0g); Carbohydrate 44g; Dietary Fiber 3g; Cholesterol 0mg; Sodium 160mg.

Broccoli Pasta Toss

Natural raisins give this pasta salad a delightful twist. Full of flavor and texture, our fruit and vegetable pasta salad is packed with vitamin C and health-promoting antioxidants.

Salad:

- 1 cup small broccoli flowerets
- 1 1/4 cups cooked shell pasta
- 1/2 cup **Sun-Maid Raisins**
- 1/3 cup chopped red onion
- 1/4 cup chopped red bell pepper

Dressing:

- 1/3 cup reduced-calorie mayonnaise
- 1 tablespoon cider vinegar
- 1/2 teaspoon sugar
- Salt and pepper

Combine all salad ingredients. **Combine** all dressing ingredients and **blend** well. **Pour** dressing over salad. **Add** salt and pepper to taste. Gently **toss** and serve. Makes 4 servings.

Vitamin C 60% • Vitamin A 15% • Dietery Fiber 10%

Nutrients per serving (approx. 1 cup): Calories 200; Protein 3g; Fat 7g (Sat. Fat 1.5g); Carbohydrate 30g; Dietary Fiber 2g; Cholesterol 5mg; Sodium 170mg.

Cool Turkey Pitas

Plump and sweet, Sun-Maid Raisins or Cape Cod Cranberries add a burst of fruit flavor to these handy pita pocket sandwiches.

- 2 cups coarsely chopped cooked turkey or chicken
- 1/2 cup diced celery
- 1/2 cup diced red apple
- 1/3 cup **Sun-Maid Raisins** or Cape Cod Cranberries
- 1/3 cup low fat plain yogurt or reduced-calorie mayonnaise
- Salt and pepper
- 6 small lettuce leaves
- 3 pita breads (6-inch), halved

Combine turkey, celery, apple, raisins and yogurt or mayonnaise in a medium bowl. **Season** with salt and pepper to taste. **Place** 1 lettuce leaf in each pita half. **Fill** breads with turkey mixture, **dividing** evenly. Makes 6 servings.

Nutrients per serving (1/2 filled pita): Calories 210; Protein 17g; Fat 3g (Sat. Fat 1g); Carbohydrate 27g; Dietary Fiber 2g; Cholesterol 35mg; Sodium 210mg.

Glazed Chicken and Raisin Pilaf

A Mediterranean-style, one-pot meal that delivers a tasty mix of whole food goodness – fruits, vegetables, grains and lean meats.

- 2 teaspoons vegetable oil
- 4 chicken breast halves, skinned, boned and cut into 3/4-inch cubes
- 2 tablespoons packed brown sugar
- 2 tablespoons soy sauce
- 1/2 teaspoon crushed red pepper
- 1 can (14.5 oz.) chicken broth
- 2 cups long-grain white rice
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cardamom or ground ginger
- 1/2 teaspoon ground coriander
- 1 cup **Sun-Maid Raisins** or Fruit Bits
- 1/2 cup thinly sliced green onions
- 1/2 cup minced parsley

Heat oil in Dutch oven or large deep skillet (with lid) over high heat. **Add** chicken and cook until browned. **Reduce** heat to medium. **Add** brown sugar, soy sauce and crushed red pepper. **Stir** until chicken is glazed and cooked through. **Remove** chicken from pan to serving bowl; set aside. **Pour** chicken broth and 2 1/4 cups water into skillet. **Add** rice, cinnamon, cardamom and coriander. **Cover** and bring to boil. **Reduce** heat to low and **simmer** until rice is tender

and liquid is absorbed, about 20 minutes. **Remove** from heat. **Stir** in chicken, raisins, green onions and parsley. **Cover** and let stand for 5 minutes. Serve hot. Makes 8 servings.

Iron 20% • Dietary Fiber 14% • Potassium 12% • Vitamin C 10%

Nutrients per serving (1 cup): Calories 350; Protein 15g; Fat 3g (Sat. Fat 0.5g); Carbohydrate 64g; Dietary Fiber 4g; Cholesterol 25mg; Sodium 500mg.

Tomorrow's Salad

What could be easier – yesterday's Glazed Chicken and Raisin Pilaf leftovers make today's lunch! Just add your favorite vegetables and low fat dressing, toss and you have a powerhouse of essential nutrients – vitamins A and C, potassium, iron and fiber.

Trio Medley Salad

100% natural Sun-Maid Raisins team up with a variety of vegetables to help make eating five servings of fruits and vegetables a day easy, delicious and fun.

Salad:

- 1 cup shredded carrots
- 1 cup shredded zucchini
- 1 cup shredded jicama*
- 1/2 cup **Sun-Maid Raisins**

Dressing:

- 3 tablespoons light sour cream
- 2 tablespoons apple juice
- 1 tablespoon cider vinegar
- 2 teaspoons honey
- 1/2 teaspoon grated fresh ginger root
- Salt and pepper

Combine all salad ingredients. **Combine** all dressing ingredients and **blend** well. **Pour** dressing over salad. **Add** salt and pepper to taste. **Toss** and serve. Makes 4 servings.

**Jicama is a crunchy root vegetable found in the supermarket produce department. Remove the skin with a vegetable peeler.*

Vitamin A 160% • Vitamin C 20% • Dietary Fiber 15% • Potassium 12%

Nutrients per serving (approx. 3/4 cup): Calories 120; Protein 2g; Fat 1g (Sat. Fat 1g); Carbohydrate 27g; Dietary Fiber 4g; Cholesterol 5mg; Sodium 25mg.

Clockwise from top: Glazed Chicken and Raisin Pilaf, Trio Medley Salad, Cool Turkey Pitas.

Waldorf Salad

Raisins add a moist, wonderfully chewy texture and a dark rich color to this traditional apple and nut salad. For variety, try substituting Sun-Maid Fruit Bits or Apricots (diced) for the raisins. One serving equals one 5 A Day serving.

- 1/4 cup low fat plain yogurt
- 2 apples, diced
- 1/2 cup **Sun-Maid Raisins**
- 1/3 cup sliced celery
- 2 tablespoons chopped walnuts
- Lettuce leaves

Combine all ingredients except walnuts and lettuce leaves. **Toss** well. **Place** on lettuce leaves and garnish with walnuts. Makes 4 servings.

Dietary Fiber 17% • Potassium 10%

Nutrients per serving (approx. 1 cup): Calories 140; Protein 2g; Fat 2.5g (Sat. Fat 0g); Carbohydrate 29g; Dietary Fiber 4g; Cholesterol 0mg; Sodium 25mg.

Moroccan Salad

This salad is the "color of health." The more color a fruit or vegetable has, often the more health-promoting compounds, called phytonutrients, it contains.

- 1 pound baby carrots
- 2 tablespoons lemon juice
- 1 teaspoon sugar
- 1/2 teaspoon paprika
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1 tablespoon olive oil
- 1/4 cup minced parsley
- 1 cup **Sun-Maid Raisins**
- Lettuce leaves, optional

Slice carrots, diagonally, into 2 or 3 pieces. **Cook** carrots in boiling water until crisp-tender, about 5 minutes. **Drain** and rinse with cold water. **Drain** again. **Set** aside to cool. **Combine** lemon juice, sugar, paprika, cumin, cinnamon, salt and cayenne pepper in medium bowl. **Stir** to dissolve sugar and salt. Stir in olive oil, parsley and raisins. Add carrots and toss. Cover and refrigerate at least one hour to chill and blend flavors. Stir occasionally. Serve on lettuce leaves, if desired. Makes 6 servings.

Vitamin A 230% • Vitamin C 20%
Potassium 13% • Dietary Fiber 12%

Nutrients per serving (approx. 1/2 cup): Calories 140; Protein 1g; Fat 2.5g (Sat. Fat 0g); Carbohydrate 28g; Dietary Fiber 3g; Cholesterol 0mg; Sodium 130mg.

Mediterranean Spinach and Rice

Taste the essence of Mediterranean cuisine – grains, dried fruits, fresh vegetables and olive oil. Every bite is a step toward better health.

- 1 cup long grain white rice
- 1 tablespoon olive oil
- 4 cloves garlic, finely chopped
- 1/2 cup **Sun-Maid Raisins**
- 1/2 cup **Sun-Maid Golden Raisins**
- 1 pound fresh spinach leaves washed, dried and coarsely chopped
- 1 medium red bell pepper, thinly sliced
- 1/2 cup crumbled feta cheese
- 1/2 teaspoon pepper
- Salt

Cook rice according to package directions, omitting oil and salt. **Heat** a large skillet or wok over medium heat. **Add** oil and garlic. **Stir** until garlic is light golden brown, about 2 minutes. **Add** raisins and cook for 1 minute. **Add** spinach 1/3 at a time, tossing quickly just until each addition begins to wilt. **Add** cooked rice, red bell pepper, feta cheese and pepper. **Stir** briefly to combine and season with salt to taste. Serve immediately or at room temperature. Makes 6 servings.

Vitamin A 130% • Vitamin C 100% • Iron 25% • Potassium 20% • Dietary Fiber 17% • Calcium 15%

Nutrients per serving (3/4 cup): Calories 280; Protein 7g; Fat 5g (Sat. Fat 2.5g); Carbohydrate 51g; Dietary Fiber 4g; Cholesterol 10mg; Sodium 210mg.

Savory Brown Rice and Raisins

Sun-Maid's two most popular raisins – dark naturals and goldens – really shine in this versatile rice dish. Serve with roasted chicken or add any diced, cooked poultry for a one-dish meal.

- 1 cup brown rice
- 1 tablespoon olive oil
- 1/2 cup chopped celery
- 1/2 cup chopped onion
- 1/4 cup **Sun-Maid Raisins**
- 1/4 cup **Sun-Maid Golden Raisins**
- 1/4 cup sliced green onion
- Salt

Cook rice according to package directions, omitting oil and salt. **Heat** olive oil in a medium saucepan or skillet over medium-high heat. **Add** celery and onion. **Cook**, stirring occasionally, until onion is golden brown, about 5 minutes. **Stir** in raisins and green onion. **Reduce** heat to low. **Cover** and cook 5 minutes or until raisins are plump. **Stir** in cooked rice. **Season** with salt to taste. Makes 4 servings.

Dietary Fiber 14% • Potassium 10%

Nutrients per serving (3/4 cup): Calories 280; Protein 5g; Fat 5g (Sat. Fat 0.5g); Carbohydrate 54g; Dietary Fiber 3g; Cholesterol 0mg; Sodium 25mg.

Raisin Apple Basmati Rice

Basmati rice, grown in the foothills of the Himalayas, is a fine-textured, long grain rice with a nutlike flavor and perfumed aroma. Serve with grilled lamb kabobs.

- ¾ cup basmati rice
- ¼ cup sliced almonds
- 2 teaspoons curry powder
- 1 medium Granny Smith apple, peeled and chopped
- ½ cup **Sun-Maid Raisins**
- ¼ cup sliced green onion

Cook rice according to package directions, omitting oil and salt. **Heat** a heavy skillet or saucepan over medium heat. **Toast** almonds shaking pan frequently until almonds are light golden brown. **Add** curry powder. **Cook,** shaking pan until curry is fragrant, 1-2 minutes. **Add** apple, raisins and green onion. **Stir** gently until mixture is heated through and coated with curry powder. **Remove** from heat. **Stir** in hot cooked rice. **Season** with salt to taste. Makes 5 servings.

Nutrients per serving (3/4 cup): Calories 210; Protein 4g; Fat 3 (Sat. Fat 0g); Carbohydrate 42g; Dietary Fiber 2g; Cholesterol 0mg; Sodium 10mg.

Festive Fruit and Nut Rice

Diced tomato, raisins, apricots and pine nuts add a festive flavor to this simple rice dish. Opt for the brown rice if you like a chewier texture, a nutlike flavor, and more nutritional punch.

- 1 cup long grain white or brown rice
- ¼ cup pine nuts or other chopped nuts
- 2 teaspoons olive oil
- ¾ cup chopped onion
- 1 clove garlic, finely chopped
- 1 medium tomato, chopped
- ½ cup **Sun-Maid Raisins**
- ¼ cup **Sun-Maid Apricots** (about 8-10), sliced into thin strips
- ¼ teaspoon pepper

Cook rice according to package directions, omitting oil and salt. **Toast** pine nuts in a large skillet over medium heat, shaking pan frequently until pine nuts are golden brown. **Add** oil, onion and garlic. **Cook** until onion begins to brown, about 5 minutes. Stir in tomato. **Cook** until most of the moisture evaporates. **Add** cooked rice, raisins, apricots, pepper and salt to taste. **Stir** over low heat just until combined. Makes 5 servings.

Iron 20% • Vitamin C 15% • Potassium 12% • Dietary Fiber 11%

Nutrients per serving (3/4 cup): Calories 280; Protein 6g; Fat 6g (Sat. Fat 1g); Carbohydrate 52g; Dietary Fiber 3g; Cholesterol 0mg; Sodium 10mg.

Clockwise from top: Savory Brown Rice and Raisins, Middle Eastern Rice with Raisins, Festive Fruit and Nut Rice, Raisin Apple Basmati Rice.

Middle Eastern Rice with Raisins

At the heart of Middle Eastern cooking are the spices. Here cumin and cinnamon join rice and raisins for a traditional side dish. Garnish with toasted pita triangles and a fresh herb sprig.

- 2 teaspoons olive oil
- 1 cup chopped onion
- 2 tablespoons pine nuts
- 1 cup long grain white rice
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cinnamon
- 1 can (14.5 oz.) reduced sodium chicken broth
- 1/2 cup **Sun-Maid Raisins**
- 1/8 teaspoon ground black pepper

Heat oil in a medium saucepan over medium-high heat. **Add** onion and pine nuts; **cook** until light golden brown, 3-5 minutes. **Stir** in rice, cumin and cinnamon. **Cook,** stirring occasionally, until lightly toasted and fragrant, about 3 minutes. **Stir** in 1/2 cup water, broth, raisins and pepper. **Increase** heat and bring to a boil. **Cover** and reduce heat to low. **Cook** 20 minutes. **Remove** from heat; let stand covered for 5 minutes. Makes 5 servings.

Nutrients per serving (3/4 cup): Calories 240; Protein 5g; Fat 4g (Sat. Fat 0.5g); Carbohydrate 46g; Dietary Fiber 2g; Cholesterol 0mg; Sodium 230mg.

Raisin Energy Bars

Kids and grown-ups alike will love these chewy raisin granola snacks. They're so easy to make, you'll have plenty of time to go outside and enjoy a bike ride.

- 4 egg whites, or 2 whole eggs
- 1/4 cup sugar
- 4 teaspoons vegetable oil
- 1 teaspoon ground cinnamon
- 3/4 teaspoon vanilla extract
- 1 2/3 cups plain "no added fat" or low fat granola*
- 1 cup **Sun-Maid Raisins**
- 3 tablespoons toasted wheat germ
- 3 tablespoons raw sunflower seeds
- 4 teaspoons sesame seeds

Beat egg whites and sugar in large bowl with whisk until smooth. **Beat** in oil, cinnamon and vanilla extract. **Stir** in remaining ingredients. **Blend** well. **Coat** generously a 13 x 9-inch baking pan with nonstick cooking spray. **Turn** raisin mixture into pan. **Pat** to even layer. **Bake** at 300°F for 20 to 25 minutes or until edges are golden brown. **Cool** 5 minutes in pan. **Loosen** edges with spatula and invert onto wire rack to cool completely. **Cut** into 4 dozen bite-sized pieces. **Store** in an airtight container or pack in small plastic bags for on-the-go snacking. Makes 48 pieces.

** If granola is in large clusters, place in plastic bag and crush before measuring.*

Nutrients per piece: Calories 40; Protein 1g; Fat 1g (Sat. Fat 0g); Carbohydrate 7g; Dietary Fiber less than 1g; Cholesterol 0mg; Sodium 15mg.

From Sun-up to Sun-down, Sun-Maid Raisins Add a Touch of Sweetness to Everyday Healthy Eating

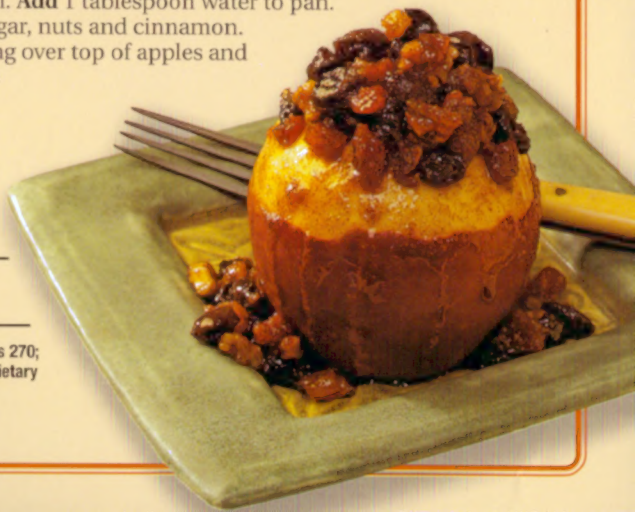
- Stir into yogurt.
- Blend into bran muffins and quick breads.
- Stir into hot cereal.
- Sprinkle on applesauce.
- Stir into low fat cream cheese and spread on a toasted whole wheat bagel.
- Stir into low fat cottage cheese.
- Stir into roasted vegetables.
- Keep in your desk for a quick energy-rich snack.
- Add to rice pilaf and stuffing.
- Stir into mashed sweet potatoes.
- Toss into fruit, vegetable or green salads.
- Add to tuna salad along with grated carrots.

Maple Glazed Baked Apples

The best apples to use are Rome Beauty or McIntosh. Sun-Maid Apricots add a new dimension to the classic baked apple. Use sweet, golden yellow Mediterranean Apricots or try the slightly tangy California Apricots.

- 4 medium-size, red baking apples
- 1/4 cup **Sun-Maid Raisins**
- 1/4 cup **Sun-Maid Apricots** (about 8-10), diced
- 1/4 cup packed light brown sugar
- 1/4 cup chopped walnuts or pecans, optional
- 1 teaspoon cinnamon
- 1/4 cup pure maple syrup
- 1 tablespoon butter or margarine, melted

Core apples leaving bottoms intact. **Peel** skin off top third of apples. **Place** in an 8-inch square baking pan. **Add** 1 tablespoon water to pan. **Combine** raisins, apricots, brown sugar, nuts and cinnamon. **Spoon** mixture into apples, mounding over top of apples and letting excess fall into pan. **Combine** maple syrup and butter. **Spoon** over top of apples. **Cover** pan with foil. **Bake** at 375°F for 30-40 minutes or until apples are tender. **Serve** warm or at room temperature with maple sauce. Makes 4 servings.



Dietary Fiber 25% • Potassium 14%
Vitamin C 10% • Iron 10%

Nutrients per serving (1 apple) without nuts: Calories 270; Protein 1g; Fat 3g (Sat. Fat 2g); Carbohydrate 63g; Dietary Fiber 6g; Cholesterol 10mg; Sodium 40mg.

Please visit us on the Web at
www.sunmaid.com

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